



Free Your Body w/Yoga

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Flip Your Perspective: Embracing Life's Contradictions



by **Deva Hardeep Singh** | **Dharma Seeds Yoga Press**© | 15

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New Book just published

Flip Your Perspective: Embracing Life's Contradictions

Every morning, I wake up to this picture. My two service dogs get so excited when I say 'Good morning!' Luke, my bigger dog, also sees this when he wakes up.



This is my daily reality. Neuropathy makes mornings unpredictable – cane, wheelchair, or maybe I can walk on my own today. Out the front door, Luke sees a world brimming

with color and possibility. I share these contrasting views to illustrate a choice: we can focus on limitations, or, like Luke, see the vibrant world waiting for us.



Yoga offers a powerful way to literally and figuratively flip your perspective. Inversions, where your head dips below your heart, change the flow of blood and energy within your body. This physiological shift can bring a sense of calm, clarity, and even playfulness that defies the usual way you see the world. Beyond inversions, the mindful movement and breathwork of yoga help you focus on the present moment. This helps strip away the anxieties of the past and worries about the future that can cloud your perspective. By cultivating awareness of your body and breath, yoga empowers you to step aside from

habitual thought patterns and see situations with fresh eyes, revealing possibilities for growth and acceptance.

Raja Yoga, the “Royal Path”, focuses on mastering the mind and transcending its limitations. Through its emphasis on meditation, Raja Yoga helps you cultivate a deep sense of detachment from the constant chatter of thoughts, worries, and judgments. It teaches that these are not who you truly are, but simply fluctuations of the mind. With practice, you gain the power to observe your own mental patterns without getting swept away by them. This creates an inner space where you can see situations more objectively, beyond the distortions of personal bias and reactivity. Raja Yoga helps you flip your perspective by revealing the vast consciousness that exists behind the ever-changing surface of your mind, opening up an expanded and more compassionate view of yourself and the world.

Raja Yoga places meditation at the very center of its practice. Here’s a breakdown of why and how Raja Yoga utilizes meditation to transform one’s perspective:

- **Calming the Mind’s Turbulence:** Raja Yoga recognizes the mind as a powerful yet often unruly tool. Meditation provides the means to still the constant waves of thoughts, emotions, and distractions. This stillness

allows for a deeper understanding of the mind's workings.

- **Turning the Focus Inward:** Through meditation, Raja Yoga encourages practitioners to shift their attention from the external world to the inner realm of thoughts, feelings, and sensations. This develops profound self-awareness, helping to differentiate between fleeting mental states and one's true, unchanging nature.
- **Witnessing without Judgment:** Raja Yoga meditation teaches a non-reactive observation of inner experiences. You learn to watch thoughts and emotions arise and pass without becoming entangled in them. This creates emotional distance, fostering objectivity and clarity in how you perceive yourself and the situations you encounter.
- **Cultivating Concentration:** The practice of focusing on a single point, like the breath or a mantra, develops a powerful concentration in Raja Yoga meditation. This focused attention translates to everyday life, allowing you to see things as they truly are, instead of being distracted by fleeting impressions and reactions.
- **Accessing Higher States of Consciousness:** Raja Yoga's ultimate goal is 'Samadhi', the state of union or superconsciousness. While achieving this state takes dedicated practice, the meditative process gradually

leads to a profound shift in perception. The limited perspective bound by ego and anxieties gives way to an expansive awareness of interconnectedness and peace.



Raja Yoga's meditation is not merely about relaxation (though that's a welcome benefit). It's a transformational tool for uncovering the depths of your being and cultivating a wiser, more compassionate perspective on life.

Here's a deeper look at how Raja Yoga specifically fosters a sense of detachment, allowing for a more liberated perspective:

1. Disidentification with the Ego: Raja Yoga challenges the notion that your identity is limited to your thoughts, emotions, roles, and possessions. Through meditation, you begin to see these as ever-changing aspects of yourself, not who you truly are. This disidentification from the fluctuations of the ego creates a sense of detachment, allowing you to see situations less personally and with more objectivity.
2. Witnessing the Mind: Raja Yoga's emphasis on mindfulness helps you observe your thoughts and emotions as if they were happening to someone else. This creates a sense of space between you and your mental experiences. Instead of being consumed by reactions, you gain the freedom to choose how to respond. This detachment allows you to see challenges and difficult emotions with less distress.

3. Understanding Impermanence: Raja Yoga embraces the Buddhist concept of impermanence (annica).

Meditation allows you to witness the constant flow of thoughts, feelings, and sensations. This deepens your understanding that everything is in a state of flux.

Recognizing the transient nature of experiences fosters detachment from them, preventing you from being overly attached to outcomes or getting caught up in fleeting desires and aversions.

4. Cultivating Non-Attachment: Raja Yoga encourages an attitude of “vairagya” or non-attachment. This isn’t about indifference but involves enjoying experiences and relationships without being bound by them. It cultivates a sense of inner contentment that isn’t dependent on external circumstances. This detachment brings freedom from the fear of loss and the constant craving for more, allowing you a greater sense of peace.

5. Realization of the True Self: Raja Yoga’s ultimate goal is the realization of the “Atman” – the unchanging, pure consciousness that lies beyond the limited ego.

Through deep meditation and contemplation, practitioners gain a direct experience of this true, expansive self. The perspective then shifts entirely – detachment blossoms as you recognize your essential wholeness that is unaffected by life’s ups and downs.

It's important to note that detachment in Raja Yoga isn't about becoming cold or emotionally distant. Instead, it cultivates an inner freedom that allows for compassionate action and genuine connection, all while remaining grounded and centered in the face of life's inevitable changes.

Here's an in-depth look at how Raja Yoga cultivates the skill of observing your own mental patterns:

1. **Stillness as the Foundation:** Raja Yoga meditation emphasizes creating inner stillness – a calm, alert state of mind. This stillness acts like a clear lake; when disturbances settle, you can perceive what lies beneath the surface. Similarly, calming the mind lets you see your mental patterns with less distortion.
2. **Introspective Awareness:** Raja Yoga guides practitioners to turn the spotlight of their attention inwards, towards the landscape of their minds. Instead of being lost in external preoccupations, you begin to consciously notice recurring thoughts, emotional triggers, habitual reactions, and underlying beliefs.
3. **Cultivating The Witness:** A key principle in Raja Yoga is developing the role of the “witness” or observer within yourself. Through regular meditation, you strengthen this ability to step back and watch the activity of your

mind without judgment or reactivity. This creates a crucial distance, allowing you to see your mental patterns as objects rather than getting swept away by them.

4. **Non-Identification:** As your observation skills become sharper, Raja Yoga teaches you not to identify yourself with your thoughts and emotions. You understand them as mental events arising from various influences like past experiences, conditioning, and external stimuli. This disidentification prevents you from blindly acting out your mental patterns and provides the space for conscious change.
5. **Discriminative Insight:** Raja Yoga fosters “viveka” – discernment or the wisdom to distinguish between what’s helpful and harmful within your own mind. This comes from observing your mental patterns over time. You recognize which thoughts are empowering, which create stress, and which limit your potential. This insight empowers you to intentionally shift away from unbeneficial patterns.
6. **Mind as Object of Study:** Raja Yoga turns the mind itself into the field of study. By observing its tendencies, you become a scientist of your inner world. You might notice patterns like self-criticism, worry, or the tendency to jump to conclusions. This awareness isn’t meant to

shame yourself but gives you the raw material to consciously transform your thought processes.

Observing mental patterns is a liberating aspect of Raja Yoga. It breaks the automatic cycle of reacting to life according to ingrained programs. Instead, you gain clarity, choice, and the power to consciously shape a more skillful and compassionate inner landscape.



Yoga cultivates inner space in several profound ways.
Here's an in-depth look at the process:

1. **Body Awareness:** Yoga asanas (postures) bring conscious awareness to your physical body. You tune into sensations, tension patterns, and subtle movements. This embodiment anchors you in the present moment and creates a sense of spaciousness within the body. As you learn to inhabit your body more fully, it becomes a less dominant force in your awareness, opening up space for the subtler aspects of your being.
2. **Breath Regulation:** Pranayama (yogic breathing exercises) plays a crucial role in creating inner space. By

controlling and observing your breath, you directly influence your nervous system. Slow, deep breathing calms the sympathetic nervous system (responsible for the fight-or-flight response) and promotes a sense of tranquility. This physiological shift quiets the mind and fosters a more expansive internal environment.

3. Mindful Attention: Yoga emphasizes staying present with sensations, breath, and movement without judgment. This focused, non-reactive attention trains your mind to become less cluttered with distracting thoughts and worries. As the mental noise diminishes, an inner spaciousness emerges, providing a place of stillness and clarity.
4. Witness Consciousness: Much like in Raja Yoga, all forms of yoga encourage you to cultivate the witness, or observer, within. You learn to witness thoughts, emotions, and sensations without getting entangled in them. This creates a sense of separation from the fluctuations of your inner world, revealing a deeper, more spacious dimension of your being.
5. Introspection and Self-Inquiry: Yoga, especially when combined with meditation, offers tools for self-reflection and contemplation. By turning inwards and examining your beliefs, reactions, and motivations, you start to release the grip of old stories and limiting self-

definitions. This process clears out mental and emotional clutter, fostering a greater sense of inner freedom.

6. Detachment: Yoga teaches non-attachment, which is not about indifference, but about releasing unhealthy fixations on outcomes, possessions, or even your own thoughts and emotions. Cultivating detachment frees up mental and emotional energy, leaving a more expansive and open space within.
7. Connection to Something Larger: For many practitioners, yoga helps create a connection to something greater than the individual self. Whether it's a sense of universal energy, interconnectedness, or a spiritual dimension, this deepens the experience of inner space. It fosters a sense of boundless possibility and belonging.



The inner space created through yoga is not merely a feeling of emptiness. Instead, it's a dynamic space of awareness, tranquility, and untapped potential. This is where clarity, creativity, and a deeper understanding of yourself and the world can blossom.

Yoga reveals the vastness of consciousness behind the surface of your mind through a subtle but powerful process. Here's how it unfolds:

1. Calming the Surface Ripples: Our usual state of mind can be likened to a turbulent lake, where thoughts, emotions, and external stimuli create constant ripples and waves. Yoga, through asana and breathwork, calms this surface activity. As the mental chatter quiets, you start perceiving subtler layers of your inner world.
2. Witnessing, Not Reacting: Yoga emphasizes becoming the witness of your thoughts and feelings. You practice consciously observing them without getting swept away in narratives or emotional reactivity. Instead of being consumed by the content of your mind, you start to recognize its patterns, habits, and tendencies.
3. Disidentification with the Ego: This process of witnessing allows you to see your ever-changing thoughts and emotions as not being who you

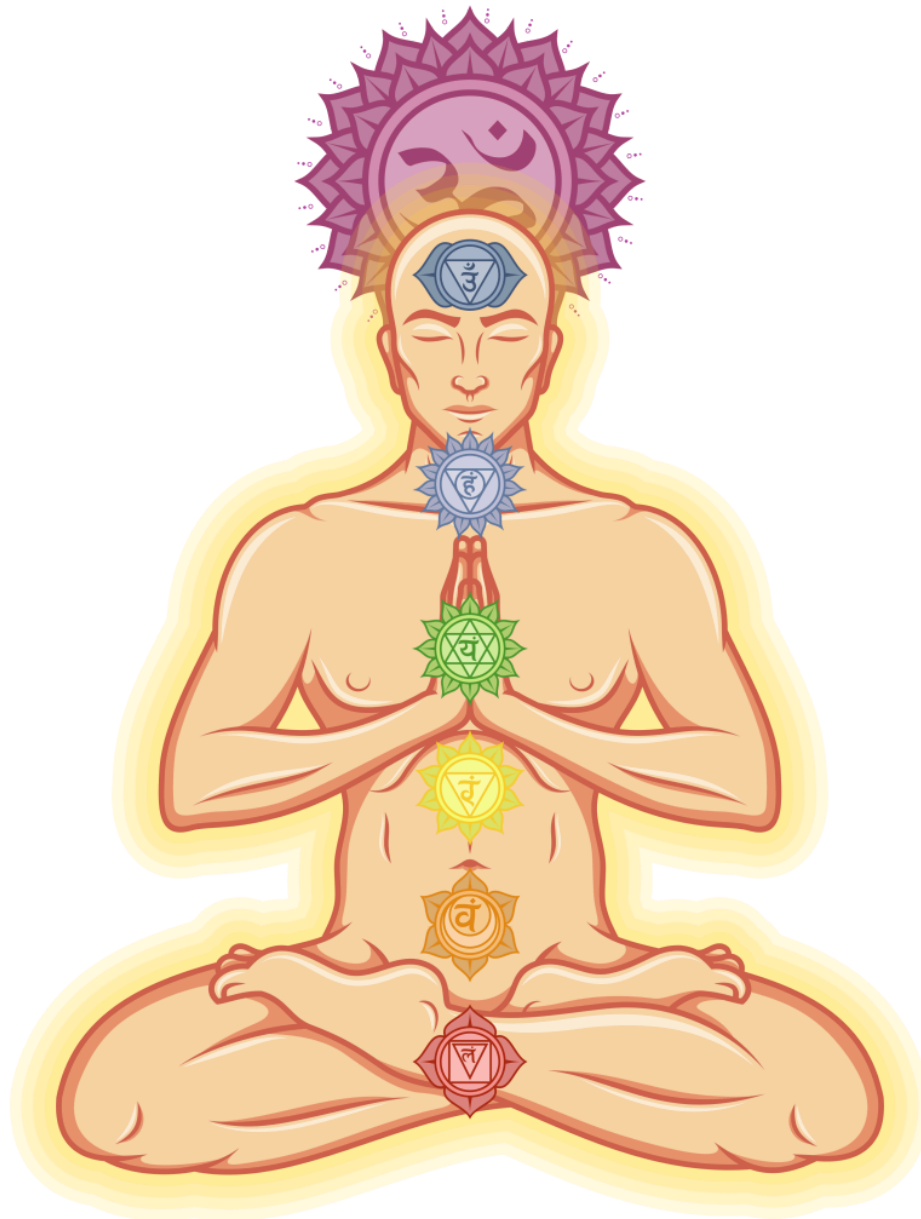
fundamentally are. The limited ego-identity, with its attachments and anxieties, begins to loosen. You start to glimpse that your true nature is something more spacious and less defined.

4. Embodied Awareness: Through yoga asanas, your awareness expands beyond just your thoughts to include your physical body. You inhabit your body fully, recognizing that it's a dynamic, pulsating expression of life itself. This embodied experience of being, rather than just thinking, shifts your perspective and opens you up to sensing a deeper layer of existence.
5. Connection Through the Breath: Pranayama and mindful breathing directly influence your nervous system and energy flow. By regulating the breath, you harmonize the body and mind. This brings a sense of peace and deepens your awareness of the subtle energy (prana) that animates your being, connecting you to the pulsating life force within.
6. Experiencing Pure Awareness: Advanced meditation techniques in yoga focus on reaching states of pure awareness without objects of thought. This is where you might experience moments of profound stillness where the limitations of the mind momentarily dissolve. You glimpse a vast, peaceful consciousness that has always

existed beneath the surface activity of your usual thinking patterns.

7. Integration into Life: The key to flipping your perspective with yoga lies in integrating these insights into daily life. As you repeatedly return to practices that cultivate inner stillness and awareness, you become increasingly sensitive to the spaciousness that always exists behind the mind's activity. This changes how you relate to yourself, others, and the world, fostering compassion, clarity, and a sense of interconnectedness.

Yoga's revelation of consciousness isn't about a one-time epiphany but a gradual deepening of your capacity for presence and self-awareness. It's through this journey that you flip your perspective from being driven by the surface ripples of the mind to recognizing the boundless potential within.



Pre-Caution

While engaging in any **yoga activities**, always **remember**:

- **Listen to your body.** Don't push yourself too hard, and be sure to **modify poses as needed.**

- **Use props to help you.** Props can be a great way to **make poses more accessible** and to reduce the risk of injury.
- **Take breaks.** If you're feeling tired or sore, take a break from your practice.
- **Don't be afraid to ask for help.** If you're not sure how to modify a pose or if you have any concerns, ask your instructor for help.

Always listen to your body and modify poses as needed. Also review on our [website](#), our guidance on using Yoga for mental health purposes.

Control

Pre-Caution While engaging in any yoga activities, always remember: Always listen to your body and modify poses as needed. If you're struggling to manage your emotions, it's important to seek professional help. A therapist can teach you coping mechanisms and help you to understand your emotions better. I'll say this here, with yoga, therapy, anything, ... Continue reading



Free Your Body w/Yoga

Meditation

Here are ten meditation pro-Cpts designed to facilitate a glimpse into that vast consciousness:

1. **The Witnessing Observer:** Find a comfortable posture. Become aware of your thoughts, emotions, and body sensations. Without judgment, simply observe them as they arise and fade away. Notice the space between each thought, and rest your attention in that silent gap.
2. **The Spacious Sky:** Close your eyes. Visualize your mind as a vast, clear sky. Thoughts and emotions are like clouds drifting by. Watch them without attachment, allowing them to dissolve back into the spacious expanse of the sky.
3. **Who is Aware?** Direct your attention towards the feeling of “I am.” Don’t analyze it, just sense this presence. Notice that the observer of your thoughts and emotions is itself unchanging. Gradually shift your focus to rest in that awareness.
4. **Body as Energy:** Scan your body from head to toe, noticing subtle sensations of tingling, warmth, coolness, or vibration. Recognize your body as not a solid object, but a field of vibrating energy. Let any sense of fixed boundaries dissolve.
5. **Breath as Life Force:** Focus solely on your breath. Feel the rise and fall of your abdomen, the coolness of inhalation, the warmth of exhalation. Experience the flowing energy of your breath, connecting you to the pulsating rhythm of life.

6. **The Sound of Silence:** Become aware of the ever-present silence behind all sounds. Tune into the subtle hum in your ears, the stillness between noises. Recognize this silence not as an absence, but as a vibrant field of potential.
7. **Expanding Awareness:** Start by focusing on a single sensation (body, breath, a mantra). Gradually widen your awareness to include surrounding sounds, then the entire space around you. Let your awareness keep expanding outward without losing its center.
8. **Open-Hearted Compassion:** Bring to mind someone who makes you feel love and warmth. Hold them in your heart's space. Gradually expand that feeling outwards, wishing well-being for yourself, loved ones, neutral people, and even those who challenge you. Rest in the boundless radiance of compassion.
9. **“I am not this...”:** Start with “I am not my body,” then “I am not my thoughts,” “I am not my emotions.” Repeat with other aspects of your identity. Rest in the awareness that remains when all labels dissolve.
10. **Pure Presence:** Let go of all techniques and effort. Simply be here, now, awake and aware. Allow yourself to merge into the vast, timeless consciousness that is your true nature.

Tips:

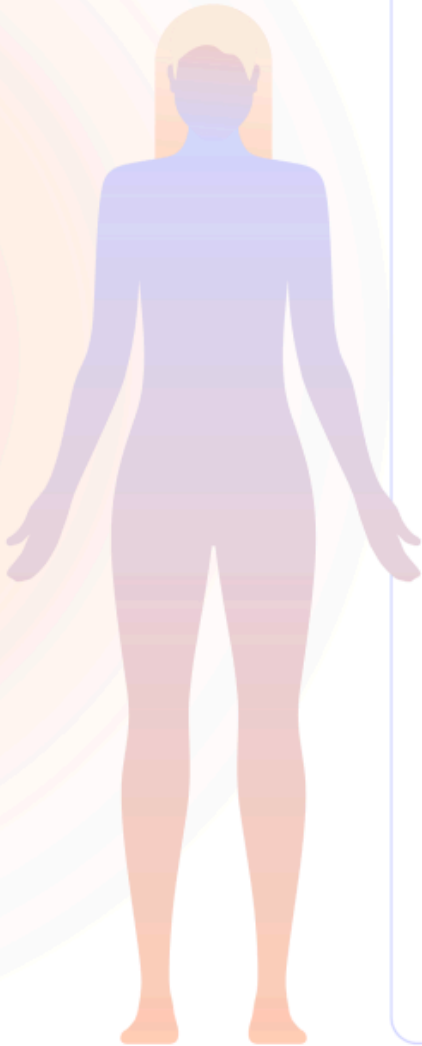
1. Short, frequent meditations are better than occasional long ones.
 2. Don't strive for a specific experience, just be curious and open.
 3. Be patient and kind with yourself. The process unfolds.
-

Resources

Body Scan Meditation

🕒 Time: 15-20 Minutes

📊 Difficulty: Easy




THE BENEFITS OF THE BODY SCAN MEDITATION

- **Builds greater body awareness** – Tuning into sensations across the body helps become more aware of what's going on inside. It also helps you get "out of your mind & into your body"
- **Breaks habitual body tension** – By noticing areas of tightness, we can send conscious breaths to invite softening and relaxation.
- **Cultivates present moment focus** – The process of guiding attention through the body anchors us in the here and now, rather than ruminating on thoughts.
- **Encourages non-judging awareness** – Noticing sensations without labeling them as good or bad fosters equanimity in our body experience.
- **Allows appreciation of the body** – As we systematically scan through the body, we can feel gratitude for all the body does for us.
- **Can be done lying down** – The fact that it can be practiced lying in bed makes it an easy habit, especially helpful before sleep.

Find the instructions for the body scan meditation on the next page.
You'll also find a script that you can use.

Body Scan Meditation

 Time: 15–20 Minutes Difficulty: Easy

INSTRUCTIONS

01. Find a Comfortable Position: Begin by finding a quiet, comfortable space where you won't be disturbed. You can do the body scan lying down, sitting, or in any position that feels comfortable for you. Ensure your back is straight, but not tense.

02. Close Your Eyes and Breathe: Gently close your eyes. Take a few deep breaths to center yourself. Inhale deeply through your nose, hold for a moment, and exhale slowly through your mouth. As you breathe, start to let go of external worries and thoughts.

03. Set an Intention: If you like, set an intention for your practice. It could be something like, "May this practice bring calmness and awareness to my body."

04. Begin with Your Feet: Direct your attention to your feet. Notice any sensations you feel here. It could be warmth, coolness, pressure, tingling, or maybe nothing at all. Acknowledge whatever you find.

05. Gradually Move Upward: Slowly move your focus up to your ankles, calves, knees, and thighs. Spend a few moments on each body part. As you do this, remember to breathe naturally. If your mind wanders, gently bring your attention back to the part of the body you are focusing on.

06. Explore Your Torso: Bring your awareness to your lower back and abdomen. Feel your belly rise and fall with each breath. Then, move up to your chest and upper back. Notice the sensations associated with breathing – the expansion and contraction of the lungs, the rise and fall of the chest.

07. Focus on Your Arms and Hands: Shift your attention to your fingers, hands, and arms. Observe any feelings of touch, temperature, or movement.

08. Notice Your Neck, Face, and Head: Bring your awareness to your neck, facial muscles, and the top of your head. Be mindful of any tension or relaxation in these areas.

09. Scan the Whole Body: Now, widen your focus to include the entire body. From the top of your head to the tips of your toes, feel your body as a whole. Breathe in deeply, bringing energy to your body, and breathe out any tension.

10. Conclude Your Practice: When you're ready to finish, start to bring your attention back to the room. Wiggle your fingers and toes, gently stretch if needed, and when you feel ready, open your eyes. Take a moment to notice how your body feels compared to before the meditation.

11. Reflect: After completing the body scan, take a minute to reflect on the experience. Notice any changes in your body or mind. Remember that there's no right or wrong way to feel during this practice.

Body Scan Meditation

🕒 Time: 15–20 Minutes

📊 Difficulty: Easy

🔊 INCLUDES AUDIO VERSION

SCRIPT

Find a comfortable seated or standing position, or lie down with head support. Allow your body to relax and release tension. When ready, close your eyes and focus on your breath. Take long, slow deep breaths. Inhale through your nose, feeling your belly expand. Exhale through your nose or mouth. Settle into a natural rhythm.

Bring your attention down to your feet. Start observing any sensations here – perhaps warmth, tingling, numbness, or nothing at all. That's perfectly fine. You can wiggle your toes a little inside your shoes or socks and feel your feet just as they are. Imagine breathing energy into your feet as you inhale. Exhale any tension. If your mind wanders, gently escort it back to your feet.

When you're ready to move on, allow your feet to dissolve in your mind. Shift your focus now to your ankles, calves, knees, and thighs. Pay attention to any sensations arising in your legs. Maybe you notice some tingling or pulsing. Temperature changes. Points of contact with the floor or chair. Just observe with an open, curious mind without needing to change anything.

When you feel ready to transition, go ahead and let the focus on your legs fade. Bring your awareness now into your lower back and pelvic region. Feel any sensations here...is there any stiffness or tension to release? Warmth? Tingling? Throbbing? The rise and fall of breathing? Accept any sensations you discover just as they are.

Slowly move your attention up into your mid and upper back now. Feel into the points of contact, like your back against a chair. The subtle movements caused by breathing. Any areas holding tightness. With each exhale you can imagine letting go of that tension, allowing your breath to relax your back muscles.

Shift your focus next to your stomach. You might notice emptiness or fullness, the feeling of clothing, warmth, digestion or other activity. Just observe with neutral, non-judging awareness.

Now let's bring awareness to your chest. You may become aware of your steady heartbeat. The chest rising with each inhale and falling with each exhale. If your mind begins to wander, gently notice this without judgment and bring it back to noticing the sensations in your chest. Notice how all sensations shift and change moment to moment. Observe how no sensation is permanent. That's okay. Just let them come and go.

When you're ready, guide your focus now down into your hands and arms. Pay attention to any sensations in your fingers, palms, the back of your hands and wrists. You can even imagine your breath flowing in and out through your fingertips if you'd like. Shift your mind between your left arm and your right arm. You might notice a slight difference in sensations – no need to judge this. As you exhale, you may experience the arm soften and release tension.

Now, bring your attention to your neck, shoulders, and throat. We often hold tension here so as you breathe in, imagine the breath dissolving any knots or tightness. Notice any sensations here. Whatever you feel, it's all okay. With each exhale, consciously relax your neck and shoulders even more.

Finally, take a moment now to feel your whole body at once – from the top of your head down to your feet. Allow your entire being to relax into the surface below you. Tune into the gentle rhythm of the breath as it moves through your body.

When you feel ready to end your practice, gently open your eyes and come back to your surroundings. Notice how your body feels now compared with the beginning. See if you can carry that sense of relaxation and mindfulness with you as you transition to the next moments of your day.

- **PTSD resources**

- **Call the National Suicide Prevention Lifeline at 1-800-273-8255.** This is a free and confidential service that is available 24 hours a day, 7 days a week.
- **Call the National Suicide Prevention Lifeline at 1-800-273-8255.** This is a free and confidential service that is available 24 hours a day, 7 days a week.
- **The National Center for PTSD:** <https://www.ptsd.va.gov/>
- **The Rape, Abuse & Incest National Network (RAINN):** <https://www.rainn.org/>
- **The National Alliance on Mental Illness (NAMI):** <https://www.nami.org/>
- **The American Psychological Association:** <https://www.apa.org/>
- **Prison Yoga Project – 200hr Yoga Teachers Training:** <https://community.prisonyoga.org/courses/yoga-social-justice-and-leadership-a-200-hour-yoga-teacher-training/>
- **In The Rooms (web based 12-STEP rooms)** <https://www.intherooms.com/home/>
- **National Institute of Mental Health:** <https://www.nimh.nih.gov/health/topics/attention-deficit-hyperactivity-disorder-adhd/index.shtml>
- **Attention Deficit Disorder Association:** <https://add.org/>
- **American Academy of Child and Adolescent Psychiatry:** <https://www.aacap.org/>
- **StopBullying.gov:** <https://www.stopbullying.gov/>
- **The National Bullying Prevention Center:** <https://www.pacer.org/bullying/>
- **The Trevor Project:** <https://www.thetrevorproject.org/>
- **The National Institute of Mental Health:** <https://www.nimh.nih.gov/health/topics/attention-deficit-hyperactivity-disorder-adhd/index.shtml>
- **The National Autism Association:** <https://www.autismspeaks.org/>
- **The Learning Disabilities Association of America:** <https://ldaamerica.org/>

You can also find a therapist in your area by visiting the Psychology Today therapist directory: <https://www.psychologytoday.com/us/therapists>

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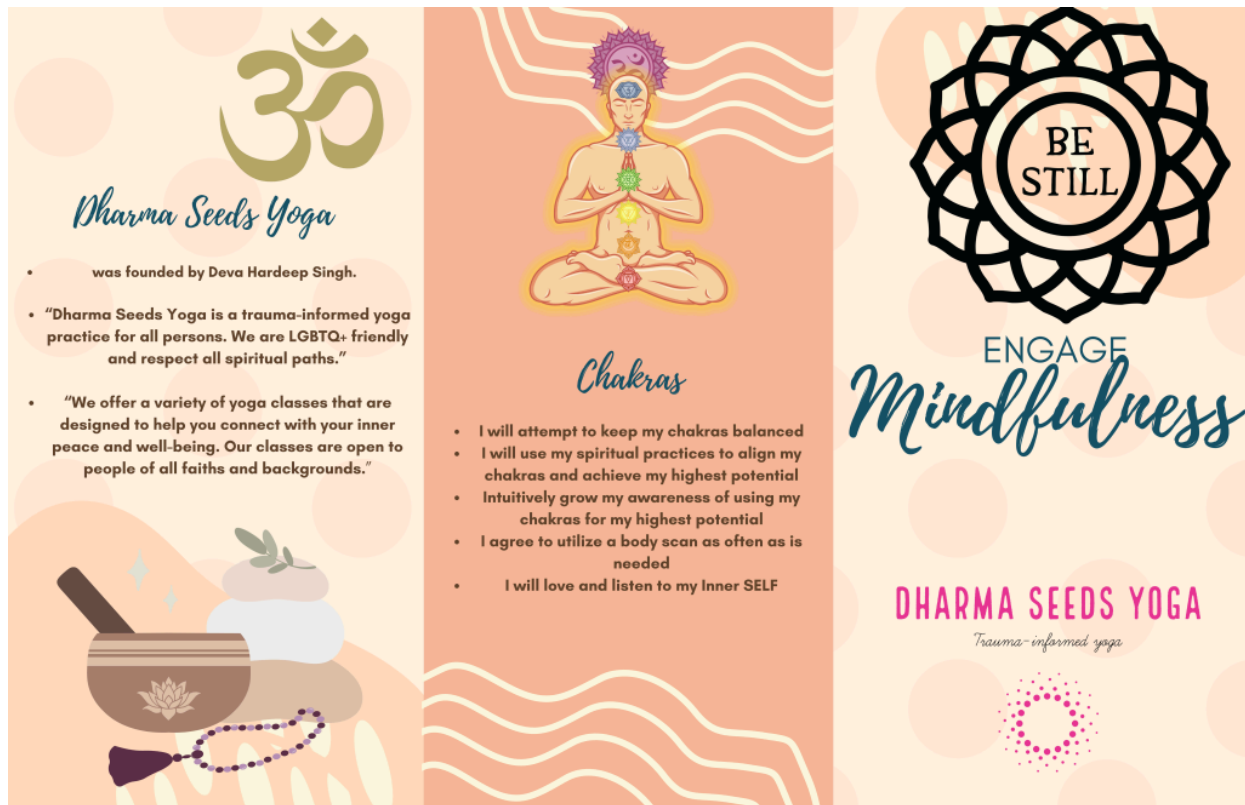
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bookstore: <https://www.lulu.com/spotlight/dharma-seeds-yoga-press/>

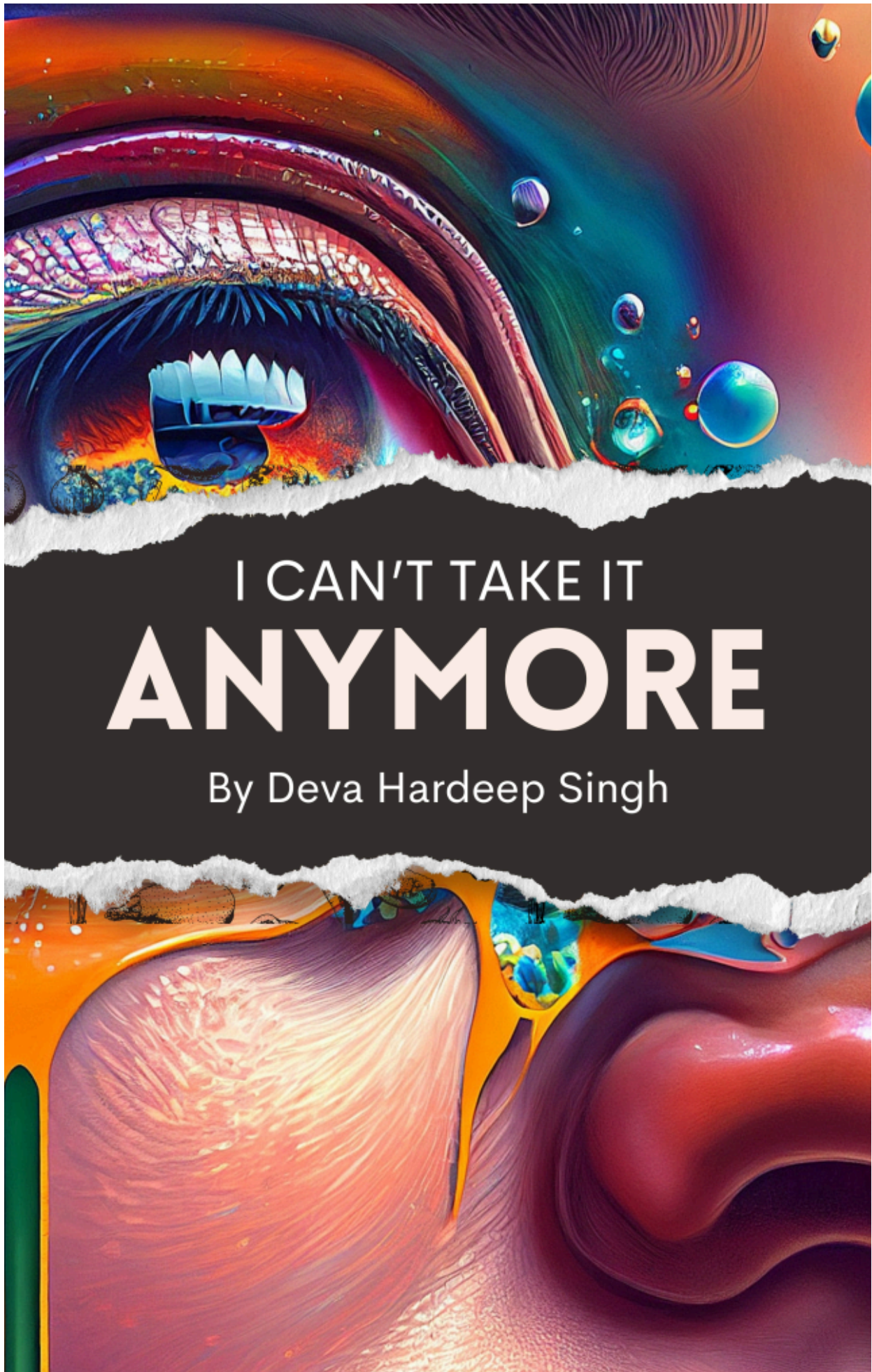
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Dharma Seeds Yoga brochure

Join our Engage MindfulnessTM *Minds Martial ArtistTM* program FREE



For more information on our Engage Mindfulness™ please email: dharmaseedsyoga@gmail.com



I CAN'T TAKE IT **ANYMORE**

By Deva Hardeep Singh

Now For Sale

Finding Light When You Feel Down This book offers a roadmap to navigate challenges and find inner peace. It starts by acknowledging moments when you feel low, as captured in “He’s Down and Not Responding” (pg. 4). This initial recognition is crucial for moving forward. The following sections offer tools for personal growth. “The Divine Feminine is the source of our creativity and intuition” (pg. 13) suggests tapping into this inner wellspring for guidance and inspiration. Similarly, “GET OUT in Nature” (pg. 24) highlights the restorative power of spending time outdoors. Immersing yourself in nature can be a powerful way to reconnect with yourself and find clarity. The journey to inner peace also involves self-reflection and letting go. “Laying your actions at the feet of God” (pg. 33) encourages surrender and acceptance, while “Addressing the elephant in the room... Burnout” (pg. 39) tackles a prevalent issue in our fast-paced world. Recognizing and addressing burnout is essential for reclaiming your well-being. This is a true story written by a disabled guy. Helping you see past your own limitations.

[New Book just published](#)

[https://www.lulu.com/shop/deva-hardeep-singh/i-cant-take-it-anymore/paperback/product-rmgj2y8.html?
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BEST SELLER BOOK

2024 ADHD PLANNER



DEVA HARDEEP SINGH

DHARMA SEEDS YOGA PRESS

NOW FOR SALE

The Dharma Seeds Yoga Press 2024 ADHD Mindfulness Planner is a comprehensive resource for people with ADHD who are looking to improve their mindfulness skills. The planner includes a variety of activities and exercises, such as mindful breathing, body scans, and journaling prompts. It also includes space to track your progress and to set goals.

The planner is designed to be accessible and user-friendly. The activities are written in a clear and concise way, and the planner includes plenty of space to write down your thoughts and feelings. The planner is also visually appealing, with calming illustrations and a soothing color scheme.

The Dharma Seeds Yoga Press 2024 ADHD Mindfulness Planner is a valuable tool for anyone who wants to improve their mindfulness skills. It is a helpful resource for people with ADHD who are looking to manage their symptoms, improve their focus, and reduce stress.

Here are some of the features of the Dharma Seeds Yoga Press 2024 ADHD Mindfulness Planner: ·

- Mindfulness activities and exercises: The planner includes a variety of mindfulness activities and exercises, such as mindful breathing, body

scans, and journaling prompts. These activities are designed to help you develop your mindfulness skills and to improve your overall well-being. ·

- Goal-setting: The planner includes space to set goals for yourself. This can help you to stay motivated and to track your progress over time.
- Progress tracking: The planner includes space to track your progress on your mindfulness journey. This can help you to see how far you have come and to identify areas where you need to improve.
- Calming illustrations: The planner includes calming illustrations that can help you to relax and to focus. · Soothing color scheme: The planner has a soothing color scheme that can help you to feel calm and relaxed.

If you are looking for a comprehensive and user-friendly mindfulness planner, the Dharma Seeds Yoga Press 2024 ADHD Mindfulness Planner is a great option. It is a valuable resource for anyone who wants to improve their mindfulness skills and to manage their ADHD symptoms.

[View sample pages](#) | [Buy Now](#)

Mindfulness ~ The Minds Martial Arts TM



MINDFULNESS WORKBOOK

DEVA HARDEEP SINGH
DHARMA SEEDS YOGA

NOW FOR SALE

Mindfulness is the practice of paying attention to the present moment, without judgment. It is a way of training the mind to focus and to be aware of our thoughts, feelings, and sensations. Meditation is a form of mindfulness that involves sitting quietly and focusing on the breath.

The Mind's Martial Arts is a mindfulness workbook that can help you to learn the basics of mindfulness and meditation. The workbook is divided into three sections:

- The first section introduces the basics of mindfulness, such as what mindfulness is, why it is beneficial, and how to get started.
- The second section provides a variety of mindfulness exercises, including guided meditations, breathing exercises, and body scans.
- The third section provides tips for integrating mindfulness into your daily life.

The Mind's Martial Arts is a comprehensive and easy-to-follow guide to mindfulness. It is a great resource for anyone who is interested in learning how to be more mindful.

Mindfulness is a skill that can be learned and practiced.

Mindfulness is a powerful tool that can help you to live a happier, healthier, and more fulfilling life. With regular

practice, you can learn to control your thoughts and emotions, improve your focus, and increase your happiness.

The Mind's Martial Arts™ Chapter 1



World Yoga Federation



Released Now

SELF-CARE PLANNER

2024



DHARMA SEEDS YOGA

Trauma-informed yoga



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Mar 2023 at families 100+year Indigenous homestead.

Deva Hardeep Singh (he/him; neurodivergent, gay, ability injured, post-traumatic stress injury, borderline personality injury) is an Oklahoman, a **Yuchi Indian**, enrolled in the **Muscogee Nation**, and studied radio/TV/film in college. He's worked as an on-air personality, author, poet, artist, administrative assistant, petroleum landman, barista, staff writer, paralegal, concert promoter, music artist manager, content producer, and graphic designer. He spent 6 months as a National Data Team volunteer for the Bernie Sanders for President campaign. He is a freelance journalist with International papers and magazines with a social justice focus. Recently was able to join the **Hulu/FX Series Reservation Dogs**, as an extra (Seasons 2 & 3) He's been a meditator for over 30 years (Buddhist, Chan, Zen), teaches meditation, and provides yoga instruction, and a Reiki III Master.



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